

# Certificate

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Prudence Chow

COMPLETED

## Four Trails Mini 2023

WOMEN'S RANKING : 7 of 36

OVERALL RANKING : 49 of 145

RACE 1 - HONG KONG TRAIL : 2h 20m 06s

RACE 2 - LANTAU TRAIL : 3h 07m 53s

RACE 3 - WILSON TRAIL : 3h 16m 26s

RACE 4 - MACLEHOSE TRAIL : 2h 40m 07s

TOTAL TIME : 11h 24m 32s

*Paul Wong*

Race Director

23<sup>th</sup> April 2023